

SCOTTS BLUFF COUNTY HEALTH DEPARTMENT

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly worse for 14 indicators in Scotts Bluff County (SBC), compared to Nebraska. More SBC adults aged 18 to 64 had no health insurance and more adults aged 18 and older needed to see a doctor in the past year but could not due to the cost of health care. Fewer adults visited a doctor for a routine checkup in the last year. Adults in SBC averaged more days in the past month when their physical health and/or their mental health was not good, and when their usual activities were limited due to poor health. A greater proportion of adults in this county also had activity limitations due to physical, mental, or emotional problems. More adults reported ever being diagnosed with a depressive disorder. A significantly greater proportion of adults in SBC were ever told they had diabetes. Fewer adults aged 50 and older ever had a colonoscopy or sigmoidoscopy or had a blood stool test within the past two years. Adults aged 65 and older in SBC were less likely to have ever had a pneumonia vaccination. Fewer adults in this area visited the dentist or had their teeth cleaned in the last 12 months, compared to adults Nebraskans overall.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- No significant differences in indicator rates were noted in the current study, compared to the 2005 baseline.

HEALTH CARE ACCESS

Compared to Nebraskans aged 18 to 64 years (15.0 percent), a significantly greater proportion of SBC residents in this age group (22.5 percent) reported having no health insurance at the time of the survey. Men in this county (27.4 percent) were significantly more likely than Nebraska men overall (15.2 percent) to be uninsured.

In 2007-2008, 19.2 percent of adults in SBC stated they did not have a personal doctor or health care provider. Men in this county (25.7 percent) were significantly more likely than women (13.0 percent) to report not having a personal physician.

At some time in the past year, 17.9 percent of SBC adults needed to see a doctor but could not due to the potential cost of care, compared to only 10.5 percent statewide (a statistically significant difference). Men in this county (18.1 percent) were significantly more likely than Nebraska men overall (8.5 percent) to have been unable to see a physician because of cost.

In the current study, 53.6 percent adults in SBC reported visiting a doctor for a routine checkup in the past year—a significantly smaller proportion than the Nebraska average (61.1 percent). Women in this county (60.4 percent) were significantly more likely than men (46.8 percent) to have had a checkup in the last 12 months. However, SBC women were significantly less likely than Nebraska women overall (69.2 percent) to have a checkup in the past year.

GENERAL EMERGENCY PREPAREDNESS

In SBC, 16.8 percent of adults indicated their household was not prepared for a major disaster. Three-fourths (76.8 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in SBC (56.9 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 18.7 percent of households said they did not. Similarly, 7.7 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

In SBC, 15.3 percent of households did not have a working battery-powered radio and 4.0 percent did not have a working battery-powered flashlight at the time of the survey.

The majority of BRFSS respondents in this county said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 3.4 percent stated they would not do so.

Three-fourths of respondents in this county (72.0 percent) indicated they would use a cell phone as

their primary means of communication with family and friends in an emergency situation. More than one-half (56.5 percent) said they would use a radio to get information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among SBC adults, 85.9 percent considered their general health “good”, “very good”, or excellent.

Adults in this county averaged 4.0 days in the past month when their physical health was “not good”—significantly higher than the Nebraska average of 2.7 days. Women in SBC (4.1 days) averaged significantly more days than Nebraska women overall (3.1 days) when their physical health was poor.

Respondents in SBC also averaged significantly more days when their mental health was “not good” (3.8 days), compared to Nebraska adults (2.6 days).

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 4.5 days in the past month—significantly more than the Nebraska average of 3.3 days.

DISABILITY

In 2007-2008, 21.5 percent of adults in SBC stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems—a significantly higher rate than statewide (17.2 percent). The rate for SBC men (24.0 percent) was also significantly higher than the comparable rate for Nebraska men (16.6 percent).

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.2 percent of adults in this county.

MENTAL HEALTH

Only 1.0 percent of SBC adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 10.8 percent of adults.

A significantly larger proportion of adults in this county (35.2 percent) said they had ever been diagnosed with a depressive disorder, compared to Nebraskans overall (16.8 percent). SBC men (32.2 percent) were also significantly more likely than men statewide (13.3 percent) to report a lifetime diagnosis of depression.

About one-fifth of BRFSS respondents in this county (19.2 percent) stated they had received a diagnosis of an anxiety disorder at sometime in their life. Women in SBC (28.7 percent) were significantly more likely than Nebraska women overall (13.0 percent) to report a lifetime diagnosis of an anxiety disorder.

CARDIOVASCULAR DISEASE

In SBC, 3.7 percent of adults said they ever had a heart attack, while 2.9 percent were ever told they had angina or coronary heart disease.

Fewer respondents in this county (1.8 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 25.4 percent in 2007.

Two-thirds of SBC adults (68.5 percent) ever had their cholesterol level checked and 64.5 percent had it tested in the past five years. Among respondents who ever had their blood cholesterol level checked, 34.5 percent had been told it was high.

DIABETES

Compared to prevalence of diabetes among Nebraska adults (7.0 percent), a significantly greater proportion of SBC adults (9.3 percent) had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

One-fourth of the adults in this county (26.0 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in SBC who had ever been told they had asthma was 8.0 percent, while 6.0 percent currently have this disease.

Men in SBC (5.1 percent) were significantly less likely than Nebraska men overall (10.2 percent) to report ever being diagnosed with asthma. Men in this county were also significantly less likely than women in SBC (10.8 percent) to have ever been told they have asthma.

OVERWEIGHT AND OBESITY

More than one-fourth of all adults residing in SBC (29.3 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 32.5 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 61.8 percent of adults in this county were overweight or obese in 2007-2008.

Men in SBC (33.2 percent) were significantly less likely than men statewide (45.1 percent) to report heights and weights that placed them in the overweight category.

FRUIT AND VEGETABLE CONSUMPTION

One-fourth of SBC adults (26.0 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

One-fourth of respondents in this county (27.4 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

One-half of SBC adults (52.6 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 22.9 percent of respondents from this county. Men (22.2 percent) in SBC were significantly less likely than men statewide (36.6 percent) to participate in this level of activity.

TOBACCO USE

Among SBC adults, 23.2 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 44.0 percent reported trying to quit smoking at least once in the past 12 months.

In SBC, 45.3 percent of men said they had ever used smokeless tobacco, while 12.6 percent reported currently using these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 14.9 percent of adults in this county. Women in SBC (3.3 percent) were significantly less likely than Nebraska women in general (14.3 percent) to participate in binge drinking. They were also significantly less likely than SBC men (26.7 percent) to binge drink.

Heavy drinking was reported by 3.8 percent of county respondents in the past 30 days. Drinking and driving was reported by 2.8 percent of adults in this area in the last month.

CANCER SCREENING

Among women aged 40 and older in SBC, 59.8 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 93.5 percent reported ever having a Pap test, while 75.0 percent said they had this test within the past three years.

Most men aged 50 and older (74.3 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 58.9 percent said they had this test in the past two years.

A significantly smaller proportion of SBC adults aged 50 and older (45.0 percent) reported ever having a colonoscopy or sigmoidoscopy, compared to the Nebraska average of 56.1 percent. Both men (43.8 percent) and women (46.3 percent) in this county were significantly less likely than their counterparts statewide (55.4 percent of men and 56.8 percent of women) to indicate they ever this kind of exam.

Among persons in this age group in SBC, 16.3 percent said they had a blood stool test in the past two years. This screening rate is significantly lower than the statewide rate of 22.8 percent. SBC women (16.4 percent) were also significantly less likely than Nebraska women overall (24.2 percent) to report having this test in the last two years.

IMMUNIZATION

Three-fourths of respondents aged 65 and older in SBC (78.9 percent) said they had been vaccinated for influenza in the past 12 months.

Less than two-thirds of adults aged 65 and older in this county (62.3 percent) indicated they ever had a pneumonia vaccination. This rate is significantly lower than the Nebraska rate of 71.2 percent. Women in SBC (64.7 percent) were also significantly less likely than women statewide (72.8 percent) to have ever had this preventive measure.

ORAL HEALTH

Compared to Nebraska (70.7 percent), a significantly smaller proportion of adults in SBC (58.8 percent) had visited a dentist in the past 12 months. Men in this area (50.8 percent) were significantly less likely than men statewide (67.7 percent) to have visited a dentist within the past year. They were also significantly less likely than women in this county (67.0 percent) to have seen the dentist this recently.

Similarly, a significantly smaller proportion of adults in this area (53.6 percent) reported having their teeth cleaned during the past 12 months, compared to Nebraska (70.1 percent). Both men (45.0 percent) and women in this county (62.4 percent) were significantly less likely than their counterparts statewide (66.7 percent of men and 73.4 percent of women) to have had their teeth cleaned. SBC men were also significantly less likely than SBC women to report having a dental cleaning in the past year.

More than one-third of county respondents (38.2 percent) stated they had one or more teeth extracted due to decay or gum disease. Men in SBC (42.4 percent) were significantly more likely than men statewide (32.9 percent) to have lost at least one tooth to decay or gum disease.

Among respondents aged 65 and older, 17.6 percent reported having all their teeth extracted due to decay or gum disease.

SCOTTS BLUFF COUNTY HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size		Weighted % or Mean	Compared to State
HEALTH CARE ACCESS										
1. No health care coverage among adults 18-64 years old	804	22.5	Sig.	312	27.4	Sig.	492	18.1	NS	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,265	19.2	NS	471	25.7	NS	794	13.0	NS	Yes
3. Needed to see a doctor in past year but could not because of cost	1,267	17.9	Sig.	471	18.1	Sig.	796	17.8	NS	No
4. Visited a doctor for a routine checkup within the past year	1,244	53.6	Sig.	466	46.8	NS	778	60.4	Sig.	Yes
GENERAL EMERGENCY PREPAREDNESS										
1. Household not prepared for major disaster	466	16.8	NS	173	19.3	NS	293	14.3	NS	No
2. Household has no disaster evacuation plan	471	76.8	NS	173	79.7	NS	298	73.9	NS	No
3. Does not have at least 3-day supply of water	468	56.9	NS	173	60.3	NS	295	53.4	NS	No
4. Does not have at least 3-day supply of non-perishable food	470	18.7	NS	173	22.5	NS	297	14.4	NS	No
5. Does not have at least 3-day supply of prescription drugs	473	7.7	NS	174	6.9	NS	299	8.7	NS	No
6. Household has no working battery-powered radio	463	15.3	NS	169	10.2	NS	295	20.5	NS	No
7. Household has no working battery-powered flashlight	470	4.0	NS	174	2.2	NS	296	5.8	NS	No
8. Household would not leave home if evacuation were required	431	3.4	NS	154	4.3	NS	277	3.1	NS	No
9. Household would use cell phone as main source of communication	441	72.0	NS	165	73.0	NS	276	71.3	NS	No
10. Household would use radio as main source of information	434	56.5	NS	162	55.5	NS	272	58.0	NS	No
HEALTH-RELATED QUALITY OF LIFE										
1. General health was 'good' to 'excellent'	1,267	85.9	NS	471	87.4	NS	796	84.4	NS	No
2. Average number of days (in past month) that physical health was not good	1,252	4.0	Sig.	467	3.7	NS	785	4.1	Sig.	No
3. Average number of days (in past month) that mental health was not good	1,251	3.8	Sig.	468	3.5	NS	783	4.1	NS	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	664	4.5	Sig.	214	5.2	NS	450	4.0	NS	No
DISABILITY										
1. Limited in any way in any activities due to physical, mental or emotional problems	1,267	21.5	Sig.	470	24.0	Sig.	797	19.2	NS	No
2. Have health problems requiring use of special equipment	1,267	6.2	NS	470	5.0	NS	797	7.2	NS	No
MENTAL HEALTH										
1. Had serious psychological distress (SPD) in past 30 days	225	1.0	NS	80	0.0	--	145	1.9	NS	No
2. Have current depression (based on Severity of Depression score of 10+)	228	10.8	NS	92	6.3	NS	136	18.7	NS	No
3. Lifetime diagnosis of depressive disorder	255	35.2	Sig.	100	32.2	Sig.	155	34.0	NS	No
4. Lifetime diagnosis of anxiety disorder	256	19.2	NS	99	17.4	NS	157	28.7	Sig.	No

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,262	3.7	NS	472	4.2	NS	790	3.3	NS
2. Ever told they had angina or coronary heart disease	1,253	2.9	NS	464	3.3	NS	789	2.4	NS
3. Ever told they had a stroke	1,266	1.8	NS	473	2.2	NS	793	1.5	NS
4. Ever told blood pressure was high	485	25.4	NS	170	20.6	NS	315	29.1	NS
5. Ever had cholesterol level checked	483	68.5	NS	168	68.1	NS	315	70.8	NS
6. Had cholesterol level checked during the past five years	478	64.5	NS	166	64.5	NS	312	66.5	NS
7. Ever told cholesterol was high, among those who had ever been screened	387	34.5	NS	130	37.9	NS	257	31.8	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,269	9.3	Sig.	473	10.1	NS	796	8.6	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	483	26.0	NS	168	22.7	NS	315	29.0	NS
ASTHMA									
1. Ever told they had asthma	1,264	8.0	NS	472	5.1	Sig.	792	10.8	NS
2. Currently have asthma	1,259	6.0	NS	470	4.1	NS	789	7.8	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,209	29.3	NS	463	30.3	NS	746	28.2	NS
2. Overweight (BMI=25.0-29.9)	1,209	32.5	NS	463	33.2	Sig.	746	31.4	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	482	26.0	NS	168	29.6	NS	314	25.1	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,269	27.4	NS	473	27.5	NS	796	27.1	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	446	52.6	NS	156	51.6	NS	290	54.1	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	462	22.9	NS	159	22.2	Sig.	303	21.8	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,269	23.2	NS	473	26.4	NS	796	20.4	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	229	44.0	NS	95	36.7	NS	134	53.2	NS
3. Ever used smokeless tobacco (males)	--	--	--	294	45.3	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	113	12.6	NS	--	--	--

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INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	509	14.9	NS	189	26.7	NS	320	3.3	Sig.
2. Engaged in heavy (chronic) drinking in the past 30 days	1,261	3.8	NS	467	5.9	NS	794	1.8	NS
3. Engaged in drinking and driving in the past 30 days	316	2.8	NS	146	4.0	NS	170	1.4	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	520	59.8	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	626	93.5	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	616	75.0	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	73	74.3	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	73	58.9	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	74	78.7	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	74	52.9	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	668	45.0	Sig.	250	43.8	Sig.	418	46.3	Sig.
9. Among adults aged 50+, had a blood stool test in past two years	605	16.3	Sig.	228	16.8	NS	377	16.4	Sig.
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	463	78.9	NS	158	69.4	NS	305	73.7	NS
2. Ever had a pneumonia vaccination (aged 65+)	456	62.3	Sig.	155	58.7	NS	301	64.7	Sig.
ORAL HEALTH									
1. Visited the dentist in past 12 months	775	58.8	Sig.	301	50.8	Sig.	474	67.0	NS
2. Had teeth cleaned in past 12 months	696	53.6	Sig.	269	45.0	Sig.	427	62.4	Sig.
3. Had one or more teeth extracted due to decay or gum disease	774	38.2	NS	300	42.4	Sig.	474	34.4	NS
4. Had all of their teeth extracted (aged 65+)	268	17.6	NS	100	20.4	NS	168	15.6	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska